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Your essential daily news | MONDAY, JANUARY 18, 2016

High -12°C/Low -21°C Morning flurries

TRAGEDY IN BURKINA FASO

Six Canadians fell victim to terrorism while on a humanitarian mission

metroNEWS

Police issue 4 times as many tow-truck fines

metro EXCLUSIVE

Saturated market blamed for collision-chasing spike

Lucy Scholey
Metro | Ottawa

Ottawa police issued a record-breaking number of fines to tow-truck drivers for chasing collisions last year.

A whopping 161 tickets were handed out to tow trucks for offering services at the scene of a collision in 2015. That's almost four times the 39 fines handed out the previous year.

In 2015, police also issued nine fines for parking on the scene of an accident.

Sgt. John Kiss, who manages the police towing contracts, blames a "saturated" tow-truck market in Ottawa for the spike in fines. Drivers from elsewhere in the province are coming to Ottawa, where a slap-on-the-wrist $175 fine is the cost of doing business — especially if drivers are pulling in $800-$1,000 per tow — he said.

"Tow trucks have shown up at collision scenes uninvited and started to hook up the cars when the police were right there … and the tow-truck drivers have said, 'Go ahead, give us a bylaw ticket. We don't care. We're just going to add it to the bill.'"

For safety reasons, it's illegal for tow trucks to solicit services or park within 100 metres of a collision.

The Ottawa police have contracts with Metro Towing and Gervais Towing for cars going into police custody. But anyone unfortunate enough to land in a fender bender must call for a tow.

On May 26, police ticketed six tow trucks that congested a crash scene on the corner of Kirkwood and Coldrey. On Nov. 8, police charged a tow-truck driver with dangerous driving causing death, but police have not yet confirmed if he was chasing a collision.

City staff are exploring a possible fine hike, according to Coun. Eli El-Chantiry, who chairs the Ottawa police services board.

"Is it a serious issue for us in Ottawa? Of course."

In Hamilton, tow-truck drivers caught soliciting services on the scene of an accident can face $5,000 fines for a first offence. That climbs to $25,000 and $100,000 for second and third offences, respectively.

Anything lower than that will not deter drivers from chasing collisions, according to Joey Gagne, president of the Provincial Towing Association.

In several cities, including Hamilton, Burlington and Oakville, there's a rotation system in place, so that all operators get a tow opportunity without chasing. Drivers need to have a certain amount of equipment, insurance and training to qualify for the list and anyone caught collision chasing gets kicked off. That's a reasonable solution to the problem, said Gagne.

"Everybody gets a piece of the pie."

$175

Fine for collision-chasing in Ottawa.

While Kiss stressed that not all tow operators will rip off customers, he said he has heard "horror stories" about motorists who have been slapped with huge towing bills their insurance companies won't pay for. Don't accept a tow from the first truck on scene, he said, but call the 1-800 number on your pink slip.

"Understand that it's very risky dealing with this tow truck because it could be a very unscrupulous, predatory operator that you're dealing with."

metro NEWS
Your essential daily news

Rising price of cauliflower causing problems for restaurants. **Business**

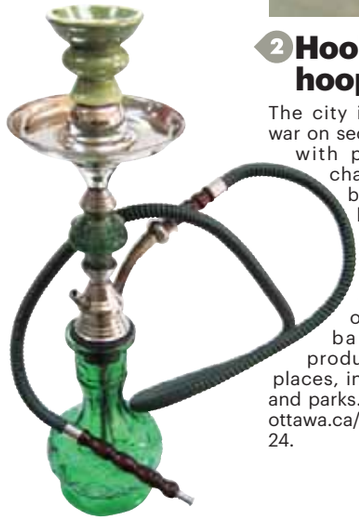
5 WAYS TO HAVE YOUR SAY IN OTTAWA

Emma Jackson
Metro | Ottawa

Talk to nearly any politician in this city and they'll tell you Ottawa is in the midst of a great transformation. Well, if that gets your imagination going, take some time this month to share your ideas and help shape the course of the capital with these five public consultations:

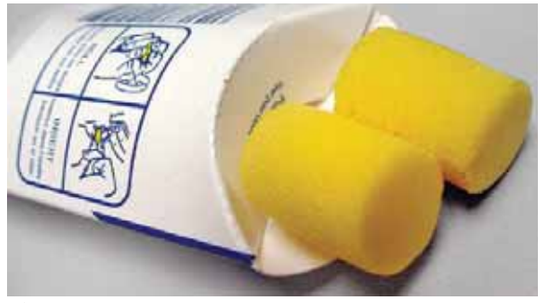
1 Cycling suggestions

With 2017 still a year away, the National Capital Commission is already looking ahead to Canada's 200th birthday in 2067, and wants to hear your big ideas to make the capital great. On Sunday the NCC was asking local cyclists for ideas on improving the city's cycling network. Any ideas can be submitted through an online form at ncc-ccn.gc.ca — we'll decide later which are the best ones.



2 Hookah hoopla

The city is continuing its war on second-hand smoke with proposed bylaw changes that would ban e-cigarettes and hookah water pipes in public places, including private businesses. This comes on the heels of the city's bylaw banning tobacco products in all public places, including beaches and parks. Have your say at ottawa.ca/tobacco until Jan. 24.



3 Noise limits

The provincial Ministry of Transportation wants your feedback on its plans to retrofit noise barriers along Highway 417 between the O-Train tracks and the Rideau Canal. The meeting is this Wednesday from 4 to 8 p.m. at St. Anthony's Hall. Hear about the project's schedule, traffic disruptions and environmental impacts. If you can't make it, check out the website at queenswayexpansioneast.com.

4 Lifting up LeBreton

The veil of mystery around two LeBreton redevelopment proposals will finally be lifted Jan. 26 and 27 at the Canadian War Museum, where the NCC will host two days of public consultations. An open house on Jan. 26 begins at 4 p.m. and runs until 9:30 p.m., with presentations beginning at 6 p.m. The following day, residents can pop in beginning at 8 a.m. with presentations again at 6 p.m. If you can't make it, fill out the online questionnaire at ncc-ccn.gc.ca, available Jan. 26.

5 City living

A group of Carleton University researchers want to know how your community's built environment impacts your happiness, safety and ability to participate in civic life. Fill out a 20-minute survey about sidewalks, bike lanes and public spaces in your neighbourhood for a chance to win a $100 gift card. Email jason.dimuzio@carleton.ca for more info.

SHOOTING

Stray bullet hits sleeping man in leg

Ottawa police say a man was shot in the leg during his sleep in the latest act of gun violence playing out on city streets.

The Ottawa Police Guns and Gangs Unit was called to the 2600 block of Innes Road on Friday after midnight after receiving a 911 call from a family that had been awoken by the sound of gunshots.

Officers that responded found that the father of the family had been shot in the leg. Shots fired outside the family's townhouse had pierced an exterior wall and injured the man while he was sleeping.

The father was treated for non life-threatening injuries at the hospital and later released.

Officers found evidence of the shooting outside the building, including shell casings and holes in the outside wall of the unit. This is the fifth shooting so far in 2016.

Anyone with information is asked to contact the Ottawa Police Service Guns & Gangs Unit at 613-236-1222, ext. 5050.

Anonymous tips can be submitted by calling Crime Stoppers at 613-233-8477 (TIPS), toll-free at 1-800-222-8477 or downloading the Ottawa Police app.

HALEY RITCHIE/METRO

CRIME

Police send 10 men to John School

Emma Jackson
Metro | Ottawa

Ten men are headed to John School after Ottawa Police arrested 14 people for picking up prostitutes in Vanier last week.

According to the police, 10 of 14 men arrested qualified to go to the force's John School Pre-Charge Diversion Program, which gives first-time offenders the chance to repent and reform rather than face criminal charges. Three others received several charges, including mischief and failure to comply with recognizance. One man was released without charges.

Police swept the Vanier area on Wednesday and Thursday in response to "community and business concerns" about prostitution nearby, Staff Sgt. Sam Fawaz said. "We will continue to conduct community safety initiatives in residential neighbourhoods."

PROTECTING SEX WORKERS

Restorative justice

John School is run in partnership with the Salvation Army, and the johns must attend the entire five-hour course to escape criminal charges. They learn about sexually transmitted diseases and the impact their actions have on sex workers and communities.

The police service's website said its main focus, when it comes to the sex trade in Ottawa, is protecting sex workers.

A Tribe Called Red, pictured, Terra Lightfoot, Misteur Valaire, Hilotrons and Whitehorse will be playing some very cold concerts in Confederation Park. PHOTO COURTESY FALLING TREE PHOTOGRAPHY

Winterlude's musical performers announced

CULTURE

Family festival adds outdoor concerts with bands, DJs, VJs

Haley Ritchie
Metro | Ottawa

Heritage Canada has revealed the list of Canadian artists playing Winterlude's new outdoor concert series as it attempts to inject a nightlife vibe to the traditionally family-friendly festival.

The Sub Zero Concert shows will take place in the Crystal Garden (inside Confederation Park) at night every Friday and Saturday of Winterlude at 7:30 p.m. Canadian musicians will be followed by a set of partnering DJs and VJs (who produce live multimedia visual performances).

Local electric powwow artists A Tribe Called Red will open the festivities on Jan. 30 starting at 7:30 p.m. followed by DJ Le Ferrailleur and VJ Soko.

The following weekend blues singer-songwriter Terra Lightfoot will take the stage Feb. 5 followed by DJ Woerks and VJ Diagraf.

The show continues on Feb. 6 with French-Canadian electropop group Misteur Valaire followed by DJ Thomas Von Party and VJ Sasha V.

The final weekend of the festival will conclude with indie pop group Hilotrons and DJ Mat Thibault and VJ Hard Science on Feb. 12.

On Feb. 13 folk-rock group Whitehorse will take the stage followed by DJ Trevor Walker and VJ Chocobeets.

The outdoor concerts could be seriously cold if Ottawa's weather continues to drop, but the concert announcement encourages that concertgoers "move to the pulse of the music and stay warm at night."

The 38th annual Winterlude celebration begins Jan. 29 and runs two weeks until Feb. 15. Other events returning this year include the Winterman race, ice slides and ice carving competitions.

Gatineau's Festibiere is also planning to host a spin-off festival in Ottawa that will coincide with the last weekend of Winterlude.

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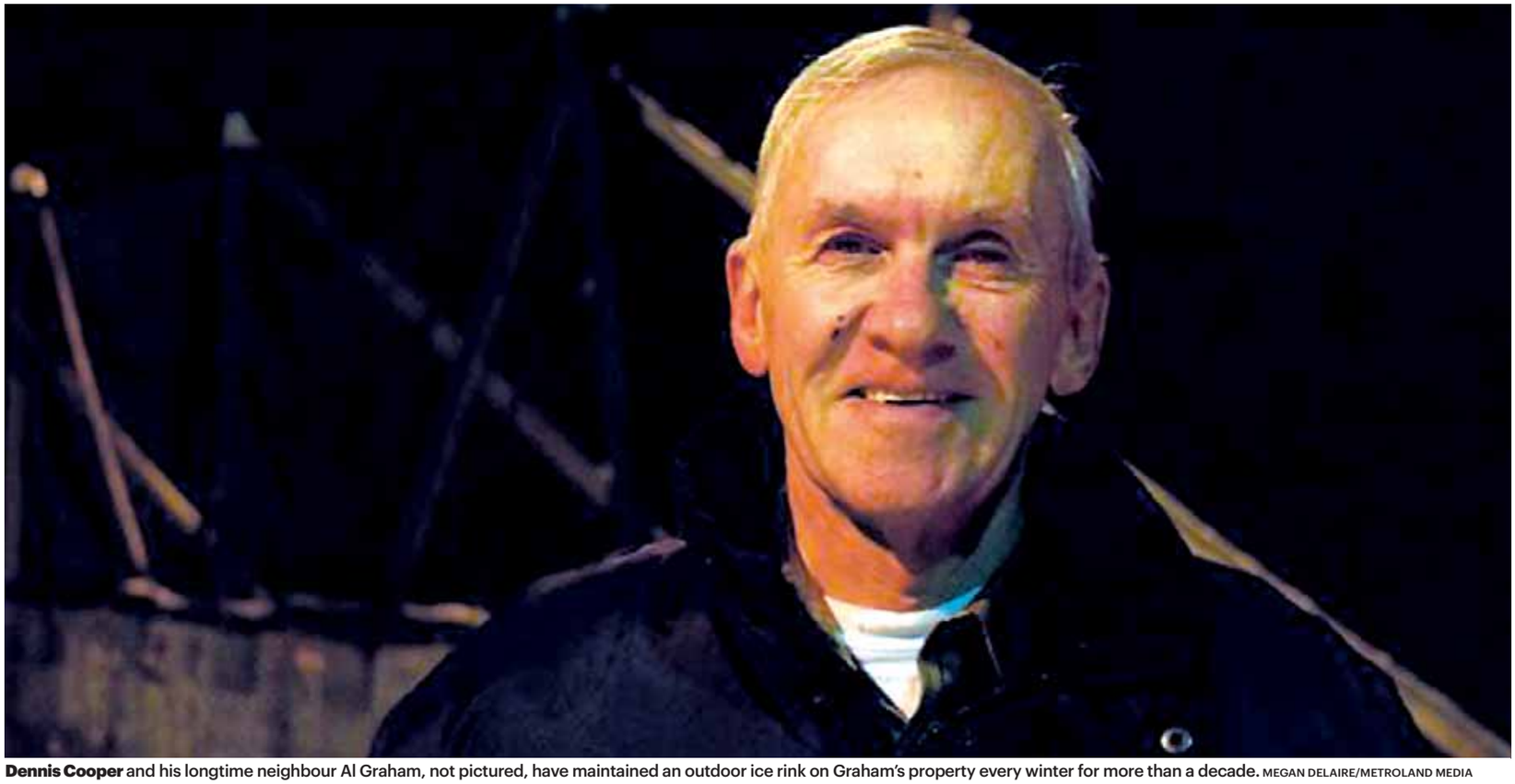

Dennis Cooper and his longtime neighbour Al Graham, not pictured, have maintained an outdoor ice rink on Graham's property every winter for more than a decade. MEGAN DELAIRE/METROLAND MEDIA

Meet the rink rats of Metcalfe

COMMUNITY

Retired friends keep ice ready for kids to get their skate on

From a window in his house, Dennis Cooper can see the Metcalfe ice rink he and his neighbour Al Graham have maintained for about 15 years.

Cooper, 69, has been retired for just as long and his days of skating are over, but that's not a problem, because it's not really for him — the two neighbours maintain the rink so kids from Metcalfe and beyond can enjoy it.

That's how it has always been.

The rink sits on an empty lot near Albert Bouwers Circle that is owned by Graham, whose house is also adjacent to it. Graham supplies the water to flood the rink from a well on the lot, powers the lights that illuminate it at night, and — with help from Cooper — builds the rink each year and grooms it through the winter.

> **I was over there the other night and there had to be about 25 teenage guys there playing hockey.**
>
> Neighbourhood rink-groomer Dennis Cooper

This year, the rink was ready for skating by the start of January.

"As soon as it gets cold, gets a bit of frost on the ground and after the first snow, usually Al will go around with his tractor with an eight-foot blade on the front and a blower on the back," Cooper said.

"And from then, we start working on it. It takes a lot of man-hours, but it isn't really hard work."

Cooper describes the rink as about three-quarters the size of a full-sized hockey rink. As well as lights, it features boards at each end, hockey nets, garbage bins, and a plowed parking lot.

Each night, Cooper even drops off a few pucks for the next day's games. After the spring thaw, he combs the lot and finds the pucks in the grass beyond where the rink ends — shot over the boards during the previous winter's games.

"I usually end up with anywhere from 50 to 75 hockey pucks that I keep and every night I'll usually take over four or five and set them on the edge of the boards for them."

The rink is used nearly every day during the winter skating season.

"I was over there the other night and there had to be about 25 teenage guys there playing hockey," Cooper said. "The rinks now are so expensive, to rent the ice and do anything, that the kids come here."

MEGAN DELAIRE/METROLAND MEDIA

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A LABOUR OF LOVE

Building a rink takes an hour or two every day

Dennis Cooper said either he or his neighbour Al Graham, a retired caterer, will try to flood the rink daily, and will at least buff out the ridges carved into the surface of the ice by the previous day's skaters.

Flooding the rink isn't quite like filling a tub with a few inches of water, although it sounds simple.

Cooper and Graham flood it by hand with a rake that connects to a hose and sprays water on the ice as they go.

They drag the rake and the hose back and forth across the rink on foot until the job is done.

When Cooper and Graham use the rake, it takes about an hour for one person to flood the rink.

With only a hose, it takes closer to two hours. But what sounds like a tiresome chore is a hobby for the two retired friends.

"In the wintertime, there isn't really much to do, and I don't go south or anything in the winter, so it's something for me to keep busy at," Cooper said.

"And maybe it keeps the kids from getting into trouble.

"When they're over there playing hockey, you know where they are. They're not getting in trouble."

Osgoode Coun. George Darouze recently applauded Cooper and Graham for their dedication to the rink in his weekly newsletter, praising them for "showing how to get it done and do it right."

MEGAN DELAIRE/METROLAND MEDIA

DANCE THE GLEBE GETS INTO THE SWING OF THINGS Bob Abell and Cathy Buffam twirl around the Glebe Community Centre's historic ballroom during a big band tea and dance Sunday afternoon. The event attracted dozens of dancers looking for some nostalgic tunes and a chance to show off their swing moves. Almonte-based big band Standing Room Only has been hosting dances like this for 10 years in the small town west of Ottawa, but this was the first time they've brought their event to the capital. Vocalist Pauline Proulx sang along to some Frank Sinatra tunes in between the 14-piece band's instrumental swing. The band will host its next tea dance in Almonte next Sunday. They'll be back in Ottawa to play at the Ron Kolbus Centre in Britannia this April. EMMA JACKSON/METRO

LEGAL PROCESS

Canadian detained in U.A.E. without charge to stand trial

A Canadian man detained without charge in the United Arab Emirates for more than a year is expected to finally learn what he's accused of at a trial set to begin on Monday.

Salim Alaradi, a 46-year-old Canadian of Libyan origin, was running a business in Dubai when he was abruptly arrested in August 2014. His family and lawyers have received no explanation from U.A.E. authorities for his continued detention and there have been allegations he has been tortured behind bars.

Alaradi's trial will be held at the State Security Chamber of the U.A.E. Federal Supreme Court, a venue his Canadian lawyer said suggests he will be charged with terrorism-related offences.

"One way or another it appears that the U.A.E. wants to bring this file to a close," Paul Champ told The Canadian Press.

"We were hopeful that the Emiratis were simply going to release Salim but unfortunately they've decided to lay charges."

There are concerns Alaradi may not get a fair trial since he will have no right of appeal and alleged forced confessions may be made admissible, Champ said.

Salim Alaradi on a family vacation in the United Arab Emirates in 2013.
THE CANADIAN PRESS HANDOUT

Nonetheless, the legal process is being seen as a significant development in Alaradi's case, which had appeared stalled until now.

"He is happy to learn that there are charges because at least it signals that the end of this ordeal may be near," Champ said.

"We think that after holding him for so long maybe the U.A.E. authorities felt that they were obliged to charge him with something, but we're hopeful that he will be acquitted of any charges."

Alaradi was born in Libya and immigrated to Canada from the U.A.E. in 1998, settling down in Vancouver with his family. He decided to return to the U.A.E. in 2007 to run a home appliance business with his brother.

He and his family were on vacation when he was arrested.

For two months his family didn't know if he was dead or alive. They then found out he was being held at an Abu Dhabi prison, though they have never been told why.
THE CANADIAN PRESS

CONCERNS

Alaradi's family has had limited communication with him, but in one prison visit early on in his detention, Alaradi's wife noticed a burn mark on his hand, prompting fears he had been mistreated.

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HUMAN RIGHTS

Man a refugee due to sexual orientation

Rasheed experienced dire threats. THE CANADIAN PRESS

At first, Rasheed thought the Syrian police were hounding him for his political views.

But Rasheed, 32, who requested not to have his full name used, believes the real motive came to the fore the day he and a few fellow gay men were carted off to a local jail.

The police who blindfolded him and beat him with electrical cables made revealing comments after seizing his cellphone containing content that made his sexual preferences plain.

Such attitudes — the norm in his homeland, he says — were what allowed Rasheed to claim refugee status in Canada and begin a new life.

"I find it very respectful," he said of Canada. "Whenever I say I'm gay or whenever I go to gay places, in the society itself, they respect you for being gay."

The United Nations High Commissioner for Refugees has named single men identifying as gay, bisexual or transgender as among those who are most vulnerable in Syria.

Justin Taylor, executive director of Toronto-based Rainbow Railroad, said those fleeing homophobia arrive in their new homes with even fewer resources than most of their fellow refugees.

THE CANADIAN PRESS

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From left, Tarine Homs, Rabeha Hessin and Majdoleen Sheran, part of the revolution taking hold in the Rojava territory of northern Syria. COURTESY NADIM FETAIH

Women fight back

MIDDLE EAST

Film captures revolution in Rojava, Syria

The Canadian team behind the film titled This is Kobanec. COURTESY NADIM FETAIH

Women taking power in ways the Middle East has never before seen. Men, at their side, taking the radical transformation in stride.

And together, by consensus, both fighting tooth and nail against the Islamic State of IRaq and the Levant (ISIL) — and winning — liberating towns and villages in northern Syria with the promise of a new kind of freedom, where all are welcome to a fair share of collective self-rule, regardless of gender, religion or ethnicity.

It is actually happening throughout the sliver of terrain known as Rojava, the predominantly Kurdish territory abutting Syria's border with Turkey.

The Islamic State of Iraq and the Levant (ISIL) doesn't like it. Turkey doesn't like it. Bashar Assad doesn't like it. Yet the quiet revolution in Rojava isn't just taking root; it is growing, thanks in part to the White House, which has deputized the mostly Kurdish revolutionary fighters as effective boots on the ground on the Syrian side of the campaign against the Islamic State.

The fruits of the U.S. alliance with Syria's Kurdish paramilitary fighters — the People's Protection Units, or YPG, and their female counterparts, YPJ — became clear over Christmas, with the Kurds leading a four-day sweep south from Kobani, snipping some 640 square kilometres from the caliphate's map and seizing back from ISIL a key piece of infrastructure, the Tishrin Dam.

Independent Toronto filmmaker Nadim Fetaih has been on the ground with a crew of two other Canadians, capturing the changes unfolding as the fragile Rojava revolution takes hold. "We've been able to get access inside the military complex in Kobani and spend time with the wounded fighters — a fairly even 50-50 split of men and women and they're all badasses. But the YPJ women, because they are going to the front and laying their lives on the line, are able to come back to town and essentially create their own world. They are respected.

Fetaih's documentary, This Is Kobane, he readily admits, will involve "a bias for and by the people — I'm hoping with my films I can actually empower people," he said. THE CANADIAN PRESS

A policeman stands guard in front of the Splendid hotel, on Sunday in Ouagadougou, after a jihadist attack by gunmen linked to al-Qaida on Jan. 15. **The attack left 28 people dead, with 56 wounded.** ISSOUF SANOGO/AFP/GETTY IMAGES

Canadian aid workers dead

BURKINA FASO

Family of four among killed, wounded in nation's capital

Six Canadian humanitarian workers from Quebec were among those killed in an attack by Islamic extremists in Burkina Faso's capital, Ouagadougou.

Twenty-eight people of 18 nationalities were killed and 56 others wounded after a 15-hour siege that ended Saturday night at a hotel popular with international business travellers.

The Canadians were: Yves Carrier; his daughter Maude; his wife, Gladys Chamberland; their son Charlélie, and their friends Louis Chabot and Suzanne Bernier, all residents of Quebec, according to reports from La Presse.

Canadian Prime Minister Justin Trudeau led a moment of silence for the victims on Sunday at a restored mosque in Peterborough, Ont., which was firebombed in the aftermath of deadly attacks in Paris last November.

Carrier and his family members and friends worked with a Catholic organization and the Centre Amitié de Solidarité Internationale de la Région des Appalaches.

Louis Chabot, a friend of the Carriers, was also killed in the attack in Ouagadougou.

They had been celebrating the three weeks of work they had done repainting blackboards for a school in a remote Burkinabe village.

The humanitarian workers headed to Africa just before Christmas after months of preparation, organization and fundraising activities in Quebec.

With four attackers killed and al-Qaida in the Islamic Maghreb claiming responsibility for the massacre, Burkina Faso's newly elected president acknowledged his small country has now been drawn into the line of Islamist extremist fire that has recently targeted Paris, neighbouring Mali and Indonesia.

TORSTAR NEWS SERVICE

Gladys Chamberland

Yves Carrier

Maude Carrier

Charlélie Carrier

Louis Chabot

Suzanne Bernier

PHOTOS: FACEBOOK.COM VIA TORSTAR NEWS SERVICE

Survivors recall the attacks

As al-Qaida fighters attacked the cafe where he worked, Clement Djiguende was saved by chance: A jihadist who had been firing at patrons simply ran out of bullets.

The gun stuck for a moment. Then the militant, dressed in black and a turban, tried several times to reload. That's when Djiguende and another server bolted toward the bathrooms not far from the bar where only moments earlier they had been serving cold drinks on just another Friday night.

About 20 other people were already crowding into the toilets in a bid to save their lives as the sound of gunfire resumed at the Cappuccino Cafe. Others tried to climb through the restaurant's broken windows. Some managed to get to the roof where they waited for the carnage to stop.

Witnesses said four attackers stormed the cafe around 7:30 p.m. Not only did they shoot at patrons, they also set the cafe ablaze. Soon it began filling with smoke, forcing Djiguende and the others in the restrooms to wet pieces of their clothing and escape by crouching on the ground.

"Upon reaching the terrace, my hand touched a body ... I kept it together," he said. "I crossed another and then a third body, where I laid and pretended for a while that I, too, was dead."

He kept crawling for another six metres before springing to his feet and running into another nearby restaurant.

By then, the jihadists had entered the neighbouring Splendid Hotel. Andre Bationo, a waiter at the hotel, said he was cleaning in the dining room when a girl selling handicrafts to guests burst in to say that jihadists were killing people outside.

"Burkina Faso," he said, "will never be the same again."

THE ASSOCIATED PRESS

IN BRIEF

Five drug trial participants in French hospital, 1 dead

A man died in a French hospital Sunday after taking part in an experimental drug trial for a painkiller, and five other participants remain hospitalized after one of France's most troubling medical incidents. The Portuguese pharmaceutical company testing the drug, Bial, said in a statement that it's working with health authorities to determine what caused "this tragic and unfortunate situation."

THE ASSOCIATED PRESS

INTERNATIONAL RELATIONS

Iran, U.S. swap prisoners as part of diplomatic effort

Diplomatic triumph or travesty, America's relationship with one of its most intractable foes took two giant leaps forward at the weekend when Iran released four Americans in a prisoner swap after locking in last summer's nuclear deal and receiving some $100 billion in sanctions relief.

The announcements culminated a stunning few days for the Obama administration and particularly Secretary of State John Kerry, who led the diplomatic outreach to Tehran at President Barack Obama's direction through years of slow-grinding negotiations.

Three of the American detainees — Washington Post reporter Jason Rezaian, former U.S. Marine Amir Hekmati and pastor Saeed Abedini — arrived in Germany en route to a U.S. military hospital. They will return home after medical evaluations.

The fourth, Nosratollah Khosravi-Roodsari, opted to remain in Iran, officials said.

A fifth American, student Matthew Trevithick, who had been detained in Iran for roughly 40 days, was released separately.

Iran released the prisoners in exchange for pardons or charges dropped against seven Iranians — six of whom hold dual U.S. citizenship — serving time for or accused of sanctions violations in the United States.

Critics of Obama's Iran policy at home and abroad pounced on the details of the prisoner exchange and the new economic opportunities being afforded Tehran while it still supports Syrian President Bashar Assad's government and the militant groups Hamas and Hezbollah.

THE ASSOCIATED PRESS

Pastor Saeed Abedini AMERICAN CENTRE FOR LAW AND JUSTICE/GETTY

Jason Rezaian THE ASSOCIATED PRESS FILE

Costly cauliflower too rich for menus

FOOD

Cucumber, tomatoes and celery prices likely to rise

The soaring price of cauliflower is forcing restaurants with signature dishes featuring the cabbage relative to rethink their menus and hike prices.

Over the past few years, the vegetable once considered boring has been springing up on menus in innovative ways.

However, the sliding loonie and a drought in California have helped drive prices for the snowy white vegetable toward double digits a head, causing a cauliflower crisis.

In Vancouver, diners frequent Nuba restaurants just to taste Najib's Special, said founder Victor Bouzide. The dish, named after his father, is a crispy cauliflower concoction based on his grandmother's recipe. Since the new year, Bouzide's raised the price by about a dollar. A plate now costs $13, while the appetizer runs customers $9.75.

The restaurant now pays more than double what it used to for a case of the cruciferous vegetable, up to $60 a case. That means Nuba needs 100 cases a week to feed its cauliflower-loving customers.

Toronto's Fat Pasha drew accolades for its whole roasted cauliflower head when it opened in 2014. About a month ago, the offering disappeared from the menu. The dish cost $18, but with the cost of the main ingredient, the restaurant would have to charge up to $40 for it now.

Other vegetables, not just cauliflower, are steadily increasing in price.

Celery, cucumber, tomatoes are all slowly taking themselves out of the running.

THE CANADIAN PRESS

The falling loonie and a drought in California have helped drive prices for cauliflower toward double digits a head, forcing restaurants to raise prices or discontinue dishes. ISTOCK

LAS VEGAS

Wearables that stood out at CES

While wrist-worn devices like the Fitbit remain the most popular type of wearable, companies are continuing to develop smart items for other parts of the body.

Some analysts predict 2016 will be the year wearables reach beyond nerds and athletes.

Here are four wearables that stood out at CES:

1 THE SMART BRA

Available: Spring 2016

Cost: $149 US for starting kit and $59 US for an additional bra

CONTRIBUTED

Montreal-based OMsignal's first crack at the women's clothing market tracks heart rate, distance and calories as well as more detailed data such as breathing rhythm.

2 THE SMART SKI AIRBAG VEST

Available: Only to professional skiers for now, in stores as of July 2016.

Cost: Around 1,200 euros

When its sensors detect a loss of balance, the ski airbag vest can inflate in 100 milliseconds, protecting the neck, chest, spine, abdomen and hips, the French company In&motion says.

3 THE JUMP MONITOR

Available: May 2016

Cost: $125-150 US

The Vert2 monitor hones in on the user's jump. The size of a USB stick, it clips on to the waist and tracks height and jump count as well as intensity, total Gs and other measurements, all in real-time.

4 MORE STYLISH FITBIT

Available: Now at major Canadian retailers, including Best Buy, Indigo and London Drugs

Cost: $249.95

Fitbit's first colour smartwatch, the Blaze, tracks heart rate, sleep and more. It automatically recognizes the activity you're doing, whether it's hiking, basketball or even Zumba. Other features include on-screen workouts and calendar notifications.

CONTRIBUTED

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metro VIEWS
Your essential daily news
Monday, January 18, 2016

THE BIG NUMBER

40%

That's the decline, adjusted for inflation, of parliamentary funding to the CBC between 1990-91 and 2014-15.

Using data from the Treasury Board of Canada, the advocacy group Friends of Canadian Broadcasting calculated that in 2014 dollars, the federal government's grant to the CBC declined from around $1.73 billion (in 1990-1991) to approximately $1.04 billion (in 2014-2015). Most of the cuts took place in the 1990s, while Jean Chrétien was prime minster, with more slashes during the Harper years. Those hit just as digital advertising and the mobile revolution were transforming broadcasting's business model faster than you can change the channel or switch the station. In 2014, the CBC president said the staff would shrink by another one-quarter by 2020. Whether we actually see that particular TV and radio drama play out is still up in the air: Before he was elected, Prime Minister Justin Trudeau promised a $150-million boost to CBC's yearly funding. How that plot unfolds — and how much money the broadcaster manages to make from its advertisers and audience — could determine whether Canadians hear more business news or more banter on the airwaves in the coming years.

SOURCE: MARKETING MAGAZINE

The library should look at a public partnership

COLLINS' CAPITAL

Steve Collins

Meetings of the library board are not generally where you look for dramatic plot twists, but last week's announcement that the new Central Library may involve cohabitation with Library and Archives Canada was a stunner.

What's most surprising about the feds potentially pitching in with the city on a project (beyond the writing of cheques) is that it's so rare. If there's one advantage Ottawa has over most cities, it's an abundance of the public sector.

But we've instead become accustomed to jurisdictional squabbles when different orders of government cross paths — the NCC's objections to the original western LRT route through its property, or the city's to the Memorial to the Victims of Communism.

News of this partnership, still in its early stages, inevitably stole some of the thunder from Emilie Taman of downtown library advocates Bookmark the Core.

The former NDP candidate had come to do the worthwhile work of holding the board's feet to the fire.

"The public interest should drive this project, not corporate or developer interest," she said, articulating a central criticism of public-private partnerships (P3s).

And to be fair, the deal with LAC doesn't necessarily preclude teaming up with a private company, an option the city has insisted on keeping on the table in order to keep the project affordable.

There are signs, though, that P3s may be losing some of their shine, as doubts mount about whether the complex arrangements actually produce the promised savings.

A University of Toronto study of P3s found they actually inflated the total cost to the public by an average of 16 per cent over a traditional tender. The federal government has removed its requirement that, to qualify for infrastructure funding, municipalities try to find a private partner.

Taman also aired suspicions that a shift westward from downtown to LeBreton Flats might be a "done deal" for the new library, and complained the proposed facility is too small — about the size of Halifax's splendid new one, which serves a population half ours.

(That comparison is less cut-and-dried when you remember Ottawa has triple the branches of Halifax's library system.)

But no decision has been made about the site, library board chairman Tim Tierney insisted. The NCC will unveil proposals for LeBreton's redevelopment next week.

And with LAC's involvement, the current $86-million, 130,000-square foot plan could become a grander home for the two organizations.

As a possible model, LAC head Guy Berthiaume pointed to his old workplace, Montreal's massive Grande Bibliothèque, a joint venture of Montreal's public library and Quebec's library and archives.

The news is certainly encouraging for what has been one of the city's most back-burnered major projects, with previous grand openings planned and aborted for 2005 and again for 2014.

Maybe two compatible public institutions, one municipal and one federal, pulling in the same direction, can finally get the job done.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

metroview

CBC morning shows should be fuel, not fluff

A morning routine is not to be messed with.

It should contain fuel (especially coffee), clean-ish clothing, some kind of slap in the face (exercise, or coffee) and the news.

And when I say news, I mean the latest out of Ottawa (the Saudi Arabia arms deal, say), the state of Alberta's economy, what's new at the Supreme Court, let alone politics, health and science stories from outside our border.

I do not mean an update on the zoo's panda bear cubs or the latest high school wunderkind to design socks. And I certainly don't need to hear, on the local CBC morning show, how the host and weather announcer feel about Adele's new viral video (spoiler: They love it!).

In the age of Twitter (arguably the best way to get news, anyway), in a world so tightly bound that our food prices are skyrocketing as global oil prices fall, the CBC is failing us.

Folksy, meandering, fascinated with the minutiae of a city — its morning shows are often the audio equivalent of reading the community-event listings. And while there can be gold there, it's never front-page news. The shows lack gravitas. They lack scope. Their programming better belongs in a leisurely afternoon slot. And funnily enough, afternoon programs on the CBC sound remarkably like those in the morning.

I don't blame the producers (I used to be one) or the hosts (though some seem far too keen to waste my time with coffee-shop chatter about their bike commute to work) — I blame the network.

The CBC's morning shows are run on a strict formula that focuses on celebrity hosts and hyper-local news at the expense of everything else. Each hour, there's only about ten minutes of national and international news at the top of the clock. That's less time than they spend playing (often horrible) music. It's appalling.

In fact, the CBC should reverse the ratios. It could keep the best of its local news and politics coverage, trim the fat of host-banter, cut the music, and end up with plenty of time to properly inform me about the broader world. It could mean greater centralization of morning news production, or even just a much wider distribution of the best content produced in local stations and foreign bureaus (such as they are).

To quote U.S. National Public Radio host extraordinaire Brooke Gladstone, a morning program should feed our need for information, without patronizing or boring us.

Too bad the CBC can't even get the first part right.

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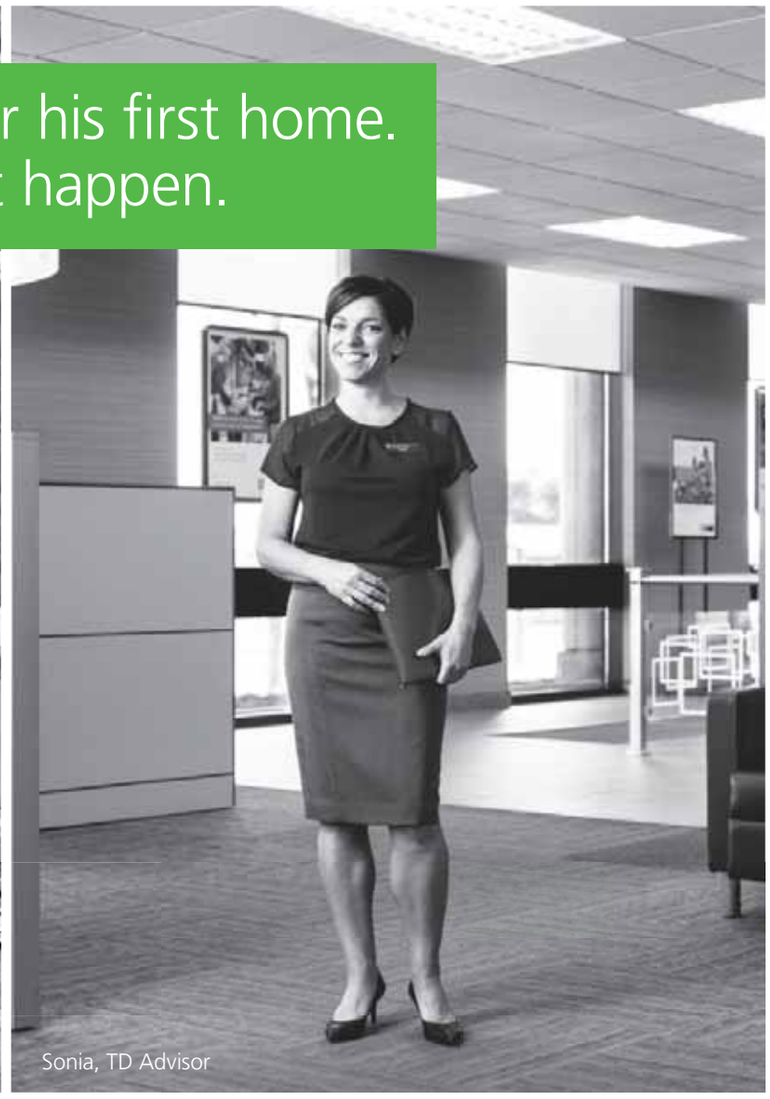

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RSP: Just for retirement?

NEST EGG

Programs help you borrow for new home, education

Michelle Williams

You can borrow against your RSP to help with the purchase of your first home. ISTOCK

"Your retirement might be decades away, but that doesn't mean you can't benefit from your retirement savings right now," says Alan Cameron, investment advisor for Investment Planning Counsel.

Whether your dream is to buy your first home or to upgrade your education, a retirement savings plan (RSP) is an investment tool that can help you reach your goals well before you turn 65. Two government programs make it possible to borrow against your RSP:

The Home Buyers' Program (HBP) lets qualified first-time home buyers borrow up to $25,000 from their RSP to buy or build a home. "It's a far more powerful way of saving for the down payment," explains Cameron.

"To save $25,000 cash, you have to earn $40,000 or more before-tax dollars. If you use your RSP, the $25,000 isn't going to be taxed." For couples buying their first home, both members can use $25,000 from each RSP, for a total of $50,000 tax-free.

You have two years before you have to start paying the money back, and 15 years to repay the total loan — essentially repaying yourself by contributing one-fifteenth of the amount to your RSP each year. If you miss a payment, you'll owe the taxes for that amount.

The HBP is a great way to raise a down payment, making it possible to buy a home for those who might otherwise have to wait several years to save the funds.

"For some buyers, it could also be the difference between having a high-risk mortgage with big insurance costs versus a low-risk mortgage," adds Cameron. While borrowing from an RSP means losing out on some of the investment's growth, the increasing value of your home could more than make up the difference if real-estate values continue to rise.

Another government program lets you borrow from your RSP to explore a new career: The Lifelong Learning Plan (LLP) lets you use up to $10,000 per year to a maximum of $20,000 over four years. It can be used toward your or your spouse's education, though not your children's schooling.

"This plan requires repayment within 10 years after you've completed your education," says Cameron. "Payments must begin the second year after you're finished school, and you're required to make at least one-tenth of payments per year."

Like the HBP, if you miss payments, you'll be taxed for any amount you don't return to your RSP.

And what if you repay the money and decide to retrain again, or your spouse wishes to take advantage of the program after your training is complete and the money has been returned to your RSP?

"You can take advantage of the program on multiple occasions through your lifetime, provided the money has been repaid to your RSP before you apply a second time," explains Cameron.

However, you're losing out on the growth of your RSP while the funds are being used for retraining, an important consideration before pulling your money out of the investment.

NEXT STEP

Borrowers need to meet a list of criteria before qualifying for either of these programs. Check online or talk to your financial planner or institution to find out more.

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metro LIFE
Your essential daily news

Pregnant women should postpone travel to 14 destinations in Latin America and the Caribbean due to outbreak of illness linked to birth defects, officials said.

Over the next three months, **Metro's finance guru Lesley-Anne Scorgie** will help a recent grad drowning in debt and a charitable young professional to balance their budget, pay down loans and save for their future

Metro's money makeover

LESLEY-ANNE SCORGIE
metro*money*

THE CHALLENGE: Our participants have set their goals, rolled up their sleeves, and committed to tackling their largest financial obstacles. For the next 12 weeks, I'll be helping Annick and Yolanda to improve their financial fitness and pushing them to reach new money milestones — just like a personal trainer. The end-goal is simple: to help these young women kick some financial ass and to see whose net worth improves the greatest.

THE VERDICT: In my experience there's only one thing that can derail Yolanda and Annick's progress: repeating financial mistakes. They'll succeed if they learn to master their finances, which happens to be more of a mind, rather than a money, matter.

NEXT WEEK: When it comes to her TFSA, Yolanda is making a big mistake.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

JENNIFER FRIESEN/FOR METRO CANADA

Annick, 24, Calgary

In 2010, Annick arrived in Calgary from Democratic Republic of Congo with dreams of a powerful Canadian education in energy management from University of Calgary. Year-over-year her student debts compounded to a suffocating $58,000.

After graduating in 2015, Annick walked into Alberta's economic lion's den — slumped energy prices and few jobs. She eventually found an administrative position at a property management company making $18/hour. But, between student loan and credit card payments plus IOUs to friends and family, she couldn't keep up. So, Annick found a second job at a car dealership in December. The pressure to send money home to her family is high, but at the end of every bi-weekly pay cycle, she literally doesn't have two nickels to rub together — zilch! Annick's has what I call "side hustle" — finding creative ways to make more money.

HER GOAL: Her challenge will be applying that skill to annihilating her debts so her long-term dreams of home ownership, bringing her parents to Canada and doing her MBA can become reality.

Yolanda, 27, Mississauga, Ont.

Yolanda tweeted at me late in 2015 to tell me how she spends not a penny more than $200 on groceries each month. Obviously I thought this was a joke considering my recent $4 tomato purchase at a store in Toronto; the most expensive place in Canada for produce (It's no joke. I was desperate).

Yolanda manages her spending carefully. She works at a charity that supports children in developing countries, and makes a fraction of market salary as a communications web specialist. But, she's willing to trade off more money (and better groceries) to pursue her passions. Just a year ago, Yolanda and her adorable pooch moved out of her mom's place and into her first basement apartment costing $750 per month.

HER GOAL: Making $20/hour, forking out money for rent and sponsoring multiple children simply won't cut it if she's going to buy a condo in the next three years and travel overseas before becoming burdened with a mortgage.

LIZ BEDDALL/METRO

HOW TO GROW YOUR MONEY

Make do with less and stash the difference to build wealth

Gail Vaz-Oxlade
For Metro Canada

I'm going to talk about something I get letters on all the time: Wealth. People want to know how to save (where to find the money) and how much to save to be wealthy.

Wealth is the difference between what you earn and what you spend. Spend it all, and you'll end up with a big, fat zero. Spend less than you make and you'll build your wealth. It doesn't have to be a huge amount. But it does have to be a conscious decision because wealth doesn't just happen. You have to make it happen.

So, how much is enough? And how to make do on less so you have the money to save?

When it comes to retirement savings, if you're in your twenties as little as 6 per cent of your income will likely do. Wait until you're in your thirties and the number jumps to 10 per cent. And in your forties it's 18 per cent.

Making do on less comes in all sizes and formats. Some people go with a Make-Do week, during which they stretch everything a little farther so they spend less. Pot-luck dinners take the place of eating out. Making gifts replaces buying.

Spending holidays are another way to find the money. No-spend days make you conscious of your spending habits. Start by spending nothing on Mondays, then add Tuesdays. Over time, you'll learn what pulls your trigger to spend.

There are a whole bunch of tools that can help you build your wealth: RRSPs,Tax-Free Savings Accounts and Registered Educational Savings Plans for your kids. Think of each of these as separate umbrellas.

If you want to defer taxes and build a pool of money for when you retire (particularly if you don't have a company pension plan) use an RRSP.

If you want to grow your money tax-free with the flexibility to use that money and then replace it later, use a TFSA. Ditto if you want to make sure you get to keep all your government benefits when you retire.

If you want to earn free grant money from the government and have some funds available for schooling later use an RESP.

RRSPs, TFSA and RESPs do not generate a return on their own, so they are not investments. If you put your money into any of these plans, you must choose an investment to make your money grow. You might choose a savings account. You might choose a GIC, a mutual fund, an indexed investment, bond or stock.

Perhaps the biggest barrier to building wealth is getting started. If you belong to a company pension plan, you are already saving some money, which counts towards your overall goal. If you aren't taking full advantage of your pension plan, you're turning your back on free money so go sign up today. If you don't belong to a pension plan at work, you'll have to make your own using an RRSP, a TFSA or a combination of the two. Time to open up a plan and make those contributions — those steps to getting wealthy — monthly and automatically. There. Now you're building wealth.

For more money advice, visit Gail's website at gailvazoxlade.com

Pinning hopes on new ways to a new you

Welcome to New Year's resolution junction. It's a busy place around this time of year, when those promises we make to ourselves are either furiously alive or dead on arrival. Here's what Pinterest stats reveal about diet, recipe and workout ideas. **THE ASSOCIATED PRESS**

BY THE NUMBERS

↓70%

The big crash in crash diets

For the first time, the site is seeing pinners ditch crash diets. Overall, pins related to crash diets were down 70 per cent in 2015 over the year before.

↓40%

PINTEREST/CAFE DELITES

Low-carb recipes dropped like hot potatoes

Pins of low-carb recipes have decreased by 40 per cent since last January.

↓32%

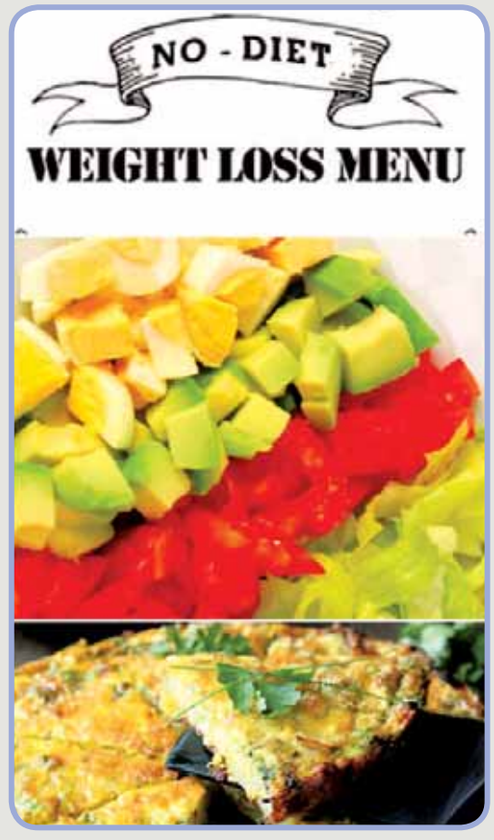
Pinning less faith on Paleo

Paleo diet pins were down 32 per cent, according to data supplied by Pinterest.

A MORE BALANCED APPROACH

In a little corner of the world we like to call Pinterest, resolution-makers have lit up with ways to declutter, eat healthier and de-stress.

"Over the last five years, we've seen the growth of more than 100 million special diet pins on Pinterest," offers Christine Schirmer, a spokeswoman for the site. "But in 2016, we see top health and fitness pins focus on a more balanced approach to well-being, including meditation, bullet journaling and minimalism."



PINTEREST/SKINNY MS.

↑83%

Hourglass workouts

Since Christmas, pins for "hourglass workout," a full-body approach hell bent on lean, sexy curves, increased 83 per cent.

PINTEREST/VOGUE

↑67%

Bullet journals

In the period between Christmas Eve and Jan. 2, pins for "bullet journals," which is a minimalist organizational notebooking system, increased 67 per cent, while "minimalist lifestyle" pinning in general went on the rise 19 per cent and those on the subject of decluttering rose 35 per cent.

PINTEREST/SUBLIME REFLECTION

MORE NEW YEAR, NEW YOU BOOSTS

- Trending: Jiu jitsu and its calorie-burning perks; pins on all things "holistic;" the "21-day fix," with guides for portion control, meal planning and clean eating.
- A 60 per cent bump for "detox tea" pins.
- A 41 per cent bump for "dry brushing," a DIY detox for the skin advocating the use of a brush on dry skin in a certain pattern before showering to help release the body's toxins.
- Pins for creating a "meditation space" have increased recently by 49 per cent.

JOHANNA SCHNELLER WHAT I'M WATCHING

Billions is lots of glossy fun

THE SHOW: Billions, Season 1, Episode 3 (Showtime, Crave)
THE MOMENT: The Snack Cakes

Sexy blue-collar billionaire Bobby "Axe" Axelrod (Damien Lewis) wants to take over a snack-cake company — as a scrappy kid, he saved up for the treats, but their quality has tanked. Snooty board members resist him, led by the owner's son. "Do you have any idea of the cost of returning to the original recipe?" Sonny sniffs. "We'll trim bloated executive compensation," Axe replies.

Sonny blanches. "I earned my jet!" he says. "And the Scrumpets taste fine!"

"You raped the Scrumpet," Axe counters.

"I eat Scrumpets, and Dingdoodles, and Coconutties and they are good," Sonny huffs.

"They're not as good," Axe glowers.

"But they're still very, very good!" Sonny's henchwoman chimes in nervously. "Delicious!"

At this moment, I realized with relief that Billions has a sense of humour. I'd feared it was just Dynasty with tattoos instead of shoulder pads. Paul Giamatti chews a lot of scenery as Chuck Rhoades, the U.S. Attorney who's determined to bring Axe down. Rhoades' wife Wendy (Maggie Siff) isn't exactly realistic — she's Axe's in-house motivational shrink, and oh yes, a dominatrix.

Once you settle in, though, there's much glossy fun to be had, because Billions hits the zeitgeist bullseye: the Super-Rich are our new Super Villains. Whether it's Robert Durst in The Jinx, or the decadent Royals, or the posh private-schoolers on American Crime, or the nasty Finney family on Ray Donovan, the One Per Cent are the bad guys du jour. Billions gives us our money's worth.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

"Violence is never the answer, but sometimes it is": Matt Barnes was fined $35K for comments regarding Knicks coach Derek Fisher

'Big Mo' elevates Panthers

NFL PLAYOFFS

Newton and Co. hold off Seahawks after big first half

Four games into his playoff career, Cam Newton recognizes the key element to success. He calls it "Big Mo," and there couldn't have been a better example than Carolina's 31-24 victory over Seattle on Sunday.

Emphatically backing up their superb regular season with one of the most dominating halves in football history, the Panthers then hung on in the face of a furious Seahawks rally before surviving.

"The playoffs bring out more than any other time the impact of 'Big Mo,'" Newton said after Carolina (16-1) moved into NFC title game, which they will host next Sunday against Arizona (13-3). "Momentum. "We can't wait for no one to make plays for us."

The Panthers, winners of 12 straight at home, made all the right plays in building a 31-0 lead, then were dominated by the two-time defending NFC champs in the second half. So if Carolina wins its first NFL championship, it can credit the lesson learned from the Seahawks (11-7).

"We have to find a way to complete a full game of football," Newton said. "We have been known to take our foot off the throttle and we have to find that killer instinct."

The All-Pro quarterback noted how players, coaches and even the fans were feeling the pressure in the final 30 minutes as Seattle staged a relentless comeback.

"It was a tale of execution. We needed a little more of that in the second half. You just have to find ways to get your groove back on."

Definitely.

"That's what this game is going to teach us," said All-Pro linebacker Luke Kuechly, who returned a first-quarter interception for a touchdown. "No matter how good you play in the first half, the second half is just as important."

Panthers running back Jonathan Stewart reaches across the goal-line to score a touchdown against the Seahawks on Sunday. STREETER LECKA/GETTY IMAGES

SUNDAY In Charlotte

31	24

Jonathan Stewart, returning from a foot injury, scored two touchdowns after jumpstarting the Panthers with a 59-yard sprint on their first play. Newton threw for a touchdown.

Then, Seattle showed its pedigree and climbed back within seven points.

"We made a mess of it in the first half," Seahawks coach Pete Carroll said. "We look at this game as a microcosm of the season. We struggled so much early in the season to get going, and it took us a long time. When we finally did, we caught fire, and got rolling. Everyone in here just feels like we ran out of time."

Seattle got back into it as Russell Wilson threw for three touchdowns, two to Jermaine Kearse. An onside kick with 1:11 remaining, however, was recovered by Panthers linebacker Thomas Davis. THE ASSOCIATED PRESS

NFL PLAYOFFS

Broncos set up matchup vs. Pats

SUNDAY In Denver

23	16
BRONCOS	STEELERS

Peyton Manning rescued the butterfingered Broncos with a late touchdown drive and Denver advanced to the AFC championship game with a 23-16 win over Ben Roethlisberger and the Pittsburgh Steelers on Sunday.

The Broncos (13-4) will host Tom Brady and the New England Patriots (13-4) next weekend.

With Denver down 13-12 with less than 10 minutes left, cornerback Bradley Roby punched the ball from Fitzgerald Toussaint's arms and teammate DeMarcus Ware recovered at the Denver 35-yard line.

Then, Manning went to work, driving Denver to its only touchdown.

C.J. Anderson ran it in from the 1, and Demaryius Thomas caught the two-point conversion for a 20-13 lead with three minutes remaining.

Ware's sack ended Pittsburgh's next drive and Brandon McManus kicked his fifth field goal, tying the NFL playoff record.

Chris Boswell made a 47-yarder with 19 seconds left, but Anderson recovered the onside kick. THE ASSOCIATED PRESS

NHL

Canucks stay afloat thanks to Miller

Ryan Miller made 47 saves and Radim Vrbata scored in the shootout, leading the Vancouver Canucks to a 2-1 win over the New York Islanders on Sunday.

Ben Hutton scored for the Canucks in regulation.

Despite receiving a 25-save effort from Jaroslav Halak, the Islanders' fell to 24-15-6 as their two-game winning streak came to an end.

Ryan Strome scored for New York. THE ASSOCIATED PRESS

Ryan Miller stopped 47 shots for the Canucks. GETTY IMAGES

IN BRIEF

Australian Open begins with match-fixing claims

An International Tennis Federation spokesman at the Australian Open says the Tennis Integrity Unit plans to issue a statement on Monday in reaction to reports over match-fixing in the sport.

The BBC and BuzzFeed News say secret files exposed evidence of widespread suspected match-fixing at the top level of world tennis. The report did not give players' names. THE ASSOCIATED PRESS

Ledecky records PB in dominating 200-metre free

Katie Ledecky dominated an impressive field in the women's 200-metre freestyle at the Arena Pro Swim Series as the teenager and 2015 world champion ramps up for the summer Olympics in Brazil.

The 18-year-old Ledecky finished in personal-best 1 minute, 54.43 seconds Saturday night to beat Sweden's Sarah Sjostrom, who had the fastest time in the world last year. THE ASSOCIATED PRESS

PREMIER LEAGUE

United sparks title talk with latest win

Manchester United relied on brilliant goalkeeping by David de Gea and a late, opportunistic finish by Wayne Rooney to snatch a 1-0 win at great rival Liverpool on Sunday, sparking talk of an unlikely run at the Premier League title.

With Arsenal only drawing 0-0 at Stoke a few hours later to return to first place on goal difference above Leicester, United trimmed the gap to the leaders to seven points.

A top-four league finish qualifies a team for the Champions League, and United trails fourth-place Tottenham by just two points. THE ASSOCIATED PRESS

> **When the gap is like this, seven points, you can overcome that.**
>
> Louis van Gaal, Man United manager

RECIPE Crunchy Tofu

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Embrace meatless Monday with these crunchy tofu "steaks." Enjoyed with some stir-fried veggies, you'll be feeling virtuous and satisfied.

Ready in
Total time: 30 minutes
Serves 4

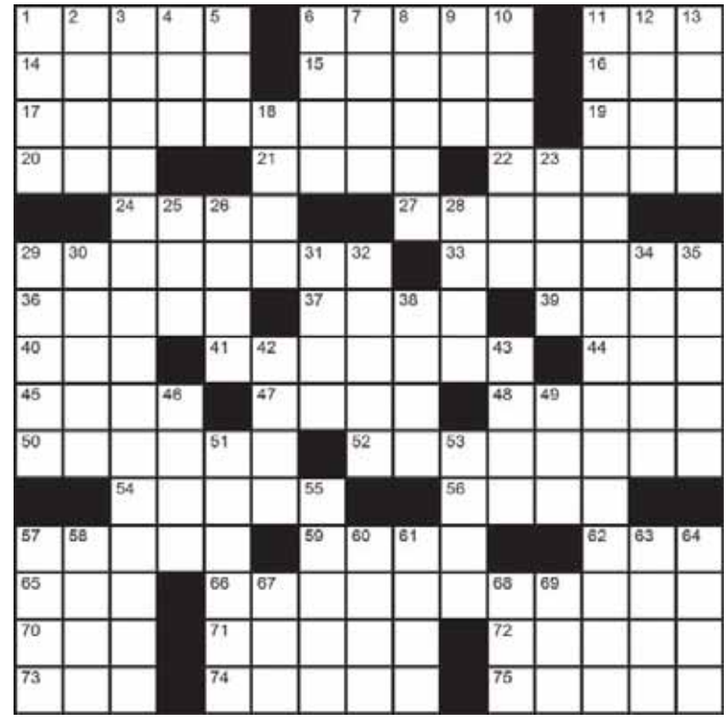
Ingredients
- 1 block of firm tofu
- 1 egg
- 3/4 cups panko breadcrumbs
- Salt and pepper to taste
- 2 Tbsp vegetable oil

Directions
1. Unwrap your tofu and place it on its side (the long, thin side) on a cutting board. Slice it in half so that you have 2 (now thinner) rectangles. Cut each rectangle in half, leaving you with 4 squares. Now cut each square in half diagonally and you'll have 8 triangles.
2. Whisk the egg in a shallow bowl. Pour the panko breadcrumbs out onto a plate. Add salt and pepper, toss to combine and then spread it out flat. Have a clean plate handy.
3. Dip each piece of tofu into the egg and coat completely. Then dredge the coated tofu in the breadcrumbs so it gets covered on every side. Place your coated tofu on the clean plate. Repeat until each piece of tofu is covered.
4. Heat up the vegetable oil in a skillet over medium high heat. Place half of your tofu pieces in the pan and let them get brown and crispy, about 2 or 3 minutes. Gently flip over and cook. Use a spatula to help turn them over onto sides to brown.
5. Serve with rice and mixed vegetables.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Irks
6. Falcon-headed god of ancient Egypt
11. Pinafore's letters in opera circles
14. Abraham's offering to God
15. Spew
16. Deuce-ace, fancy-style
17. Canadian singer/songwriter starring in the 2006 documentary "Escarpment Blues": 2 wds.
19. In-a-row letters
20. Valley, in Wales
21. Concept
22. Stan's comedy partner, cute-style
24. Gael, for one
27. Sporty shirts
29. Reacts with emotion, perhaps at an awards presentation: 2 wds.
33. Mottle
36. Brawny blokes
37. Mini message
39. Deanna _ (Counselor on "Star Trek: The Next Generation")
40. Tree variety
41. Question/interview post-mission
44. Stop
45. Grad
47. Churn
48. Vassal
50. Small horses
52. Song by #17-Across that goes "You sang to the moon / In the great black night..."
54. Deduce
56. Poetic foot
57. Recurring theme
59. _ Bator, Mongolia
62. Volcano of Hawaii, Mauna _
65. Yalie
66. 9 to 5 is when we're here for business, in other words
70. Whopper
71. Awaken
72. "_ Gold" (1997)
73. Lively parties
74. Checks
75. Alberta town est. 1911

DOWN
1. Assorted [abbr.]
2. "_ Her Standing There" by The Beatles
3. They are where food is grown across this great land: 2 wds.
4. American flight watchdog org.
5. Teacher's workplace, for short
6. Mr. Potato _
7. Shrek, for one
8. Update a route
9. Function
10. Leisurely walk
11. Emmy-winning police drama of 1981 to 1987: 3 wds.
12. Ms. Kuzyk (Winnipeg-born actress in the role of Det. Patsy Mayo on #11-Down)
13. British Columbia's motto, 'Splendor _ Occasu' (Splendour without diminishment)
18. Lennon-McCartney successes
23. Ransack
25. Get by, but barely
26. _ a hand
28. Hautbois
29. Inexpensive
30. Celebrities/royalty magazine!
31. Shield's centre knob
32. Danger
34. Miami Sound Machine tune
35. Stowaway, say
38. Venus de _ (Ancient statue)
42. Highlands tongue
43. One-named rock bassist
46. Skirt style
49. Suffix with 'Ideal'
51. Exertion
53. Sup
55. Singer/pianist Mr. Wainwright
57. Combine
58. Varied mixture
60. Itemize
61. Treads the boards
63. Sweet sandwichy treat with milk
64. Formal gr.
67. Good, to Evil
68. Tint
69. Former

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Try to relax this week. Keep a sense of perspective and remember that no matter how hard you try to get ahead it's the personal side of life that matters most.

Taurus April 21 - May 21
You may not have a choice about what you have to do today but you do have a choice about how to do it. Do a good job and you'll be rewarded with more enjoyable tasks.

Gemini May 22 - June 21
Love will come back into your life over the next few weeks — and you will feel more in tune with the world around you. Don't wait for others to tell you how much they care — tell them how much you care first.

Cancer June 22 - July 23
If your body is sending you signals that it could do with a rest then you must heed the call. Not even a Cancer can keep up the relentless pace of the past few weeks. If you fall behind in your schedule, that's too bad.

Leo July 24 - Aug. 23
No matter how many challenges you took on in recent weeks you came through them all unscathed. Your efforts were not in vain. The universe rewards those who strive.

Virgo Aug. 24 - Sept. 23
Make an effort to see things from a partner's point of view. You'll get valuable insight into their personality, enabling you to make allowances for their behaviour in the future.

Libra Sept. 24 - Oct. 23
Changes are inevitable but the good news is they will work in your favour. It may be annoying that travel and social plans have to be changed at the last minute but you can easily make new arrangements. Be flexible.

Scorpio Oct. 24 - Nov. 22
You'll be pleasantly surprised by what happens today. Money matters will no longer worry but don't go mad and go on a spree because that will cause trouble all over again.

Sagittarius Nov. 23 - Dec. 21
Focus on the things that are still going well for you rather than the things that may go wrong. You have lots to look forward to, so think positive and positive things will occur.

Capricorn Dec. 22 - Jan. 20
You won't be able to hide or disguise your feelings much longer, and nor should you want to. It will be easy for you to let certain people know what you really think of them — not a lot it seems!

Aquarius Jan. 21 - Feb. 19
No matter how reserved you may be usually, over the coming week you will leave those around you in no doubt about what you think and feel. It could get emotional!

Pisces Feb. 20 - March 20
You'll find it easier to get along with employers and authority figures over the next few days, even those you have clashed with recently. There will be more respect going both ways.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		3				7		
9			2		8			3
	2		3	1	7		6	
		5				9		
7		2				5		4
	9	6				8	1	
		4				3		
	5		1	3	2		4	
	6						8	

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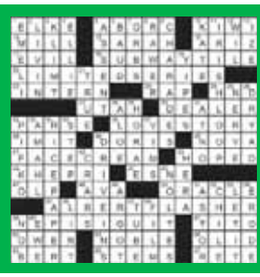
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



9	2	4	7	5	6	1	8	3
3	5	6	9	1	8	2	7	4
8	1	7	4	3	2	9	6	5
7	3	9	5	2	1	8	4	6
1	4	8	3	6	7	5	9	2
5	6	2	8	4	9	7	3	1
2	7	3	6	8	5	4	1	9
6	8	1	2	9	4	3	5	7
4	9	5	1	7	3	6	2	8

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